

Abstract

A method for loading and unloading rail cars includes at least one car, having a frame and a superstructure, moved into loading and unloading positions. During unloading the car superstructure is lifted off from the frame with lifting devices to an unloading level, and after the lifting operation the superstructure is moved at the unloading level in a transverse direction with respect to a longitudinal plane of the car until the superstructure is seated completely on a loading and unloading face. During loading the superstructure is moved from the loading and unloading face in a transverse direction with respect to the longitudinal plane of the car to above the frame and the superstructure is lowered, by lifting devices, onto the frame located in the loading and unloading positions. The lifting and lowering of the superstructures is carried out by lifting devices that are anchored to the track bed or secured to a platform. Also described are a method for transferring cargo from a first train to a second train, a loading and/or unloading device, a car frame and a car superstructure.